

# Pulse and Blood Pressure Notes

Pulse Rate: how many heartbeats in one minute

Beats/min      or      BPM

Blood Pressure: the pressure blood exerts against \_\_\_\_\_

\*\*\*This pressure keeps blood circulating

Measured as 2 numbers:

Systolic/Diastolic

Normal blood pressure = 120/80

Hypertension:

Hypotension:

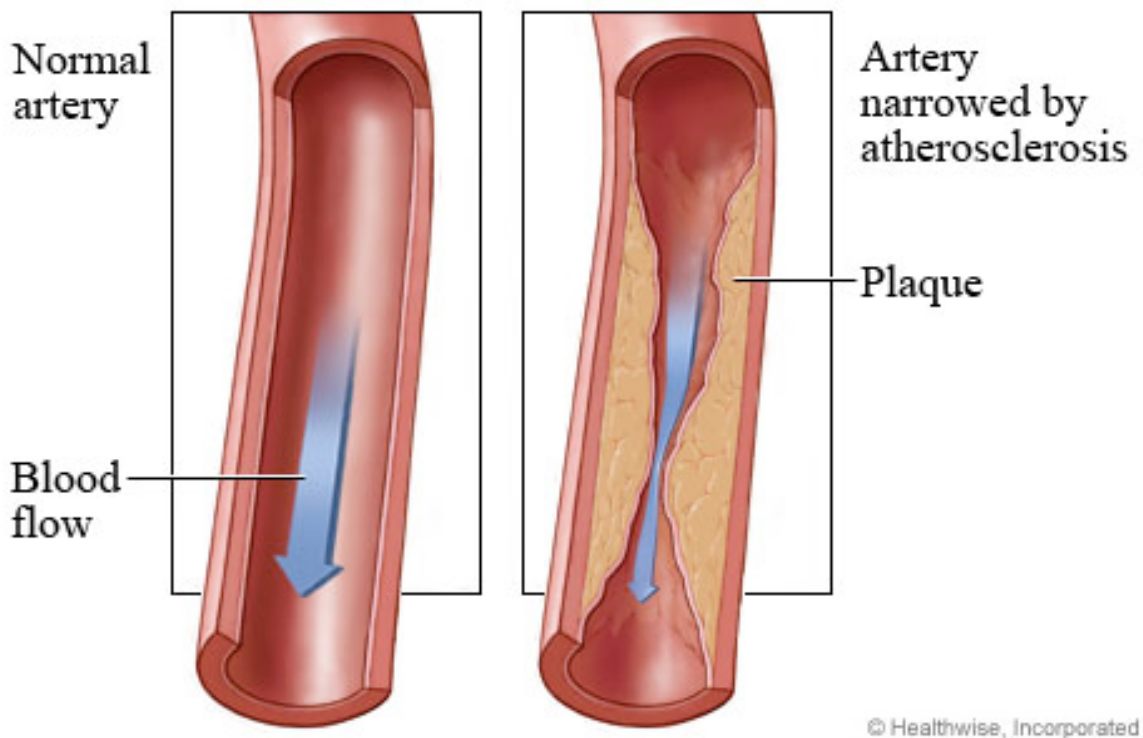
Factors affecting blood pressure:

Increase in fitness:

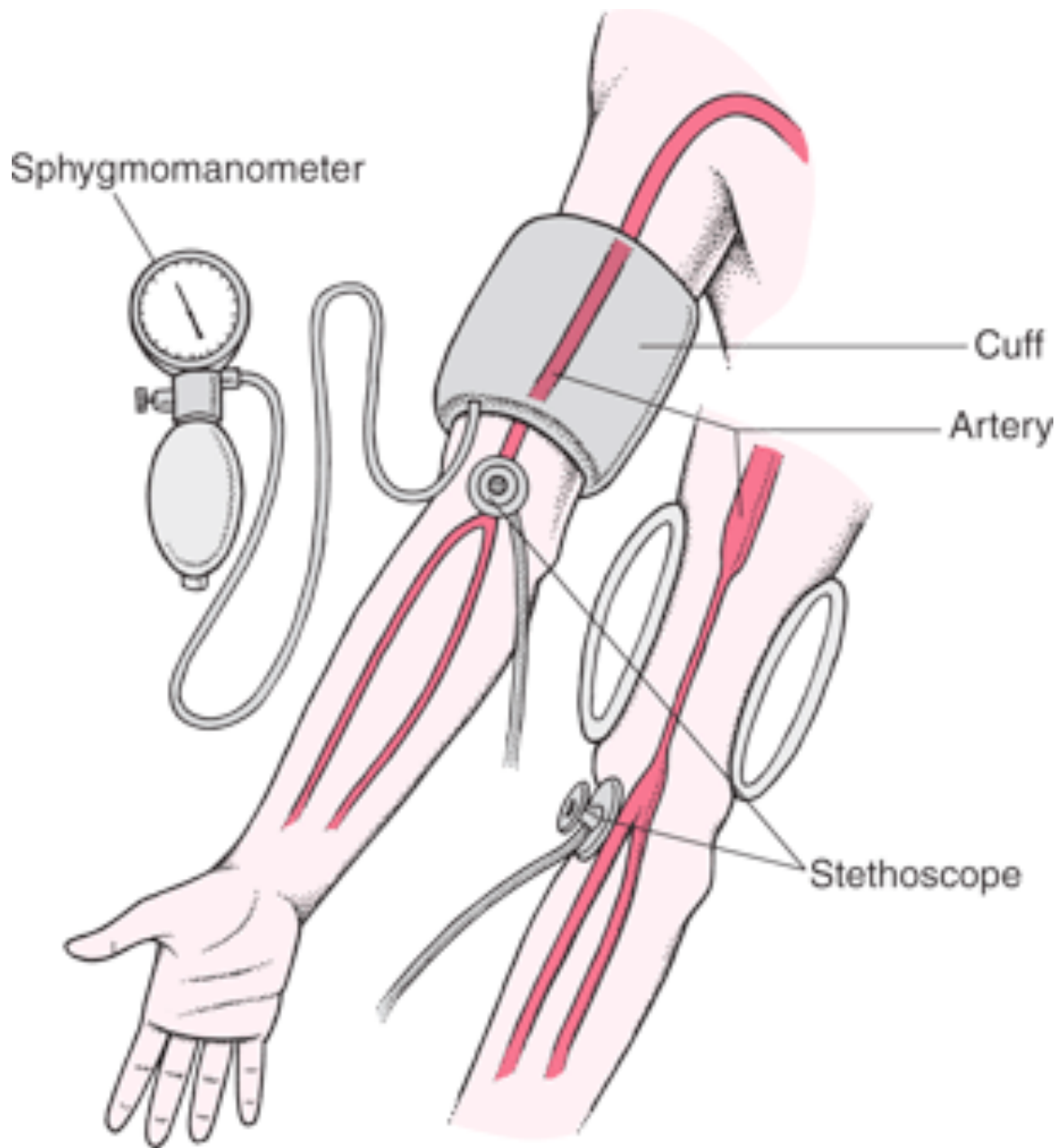
Plaque buildup (fatty deposits):

Increased blood thickness:

Increased stress:



## How to measure blood pressure:



- 1) Inflate to about 180 mmHg
- 2) Slowly let pressure decrease
- 3) Listen for first sounds (systolic blood pressure)
- 4) Listen for sounds to stop (diastolic blood pressure)

